

Women Infants Children

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The WIC Program is an equal opportunity provider and employer.



Central District Health Department

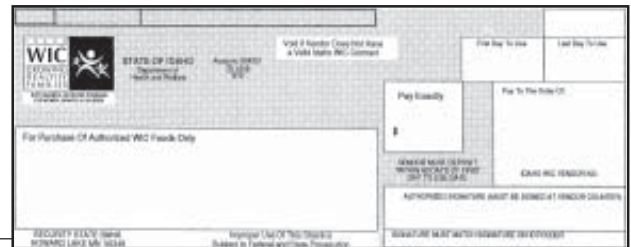
The WIC Informer

WIC Checks Getting A New Look

Beginning January 2006 your WIC checks will have a different look. You will be able to shop at any Idaho authorized store that accepts WIC checks. Your checks will no longer have a store location printed on them so you could shop at one store with some of your checks and at a different store with the rest of your checks.

Remember that if you choose to not purchase all of the food listed on the check, you cannot go back and try to get what is left at another time. Once your check has been redeemed, it is done.

Sample: _____



The stores in our district include:

Ada County:

- Albertson's
- Fred Meyer
- Wal-Mart
- WinCo
- Paul's Market

Elmore County:

- Albertson's
- Wal-Mart
- Paul's Market
- Defense Commissary at the Air Force Base
- Square Deal Store in Grandview

Valley County:

- Ridley's
- Paul's Market
- D-9 in Cascade

Boise County:

- Idaho City Grocery
- Kalac Grocery in Horseshoe Bend

This also means that if you travel to see family or friends within the state, you can redeem your WIC checks in a different area. For example, if you live in Mountain Home and you are going to spend a week with family in Coeur d'Alene, you can redeem your WIC check at an Idaho authorized store in Coeur d'Alene.

In addition to the store change, you will no longer be required to sign your WIC checks in the clinic. You will continue to sign the check register at the clinic. You must present your

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Non-contract formulas no longer available through WIC

The Idaho WIC Program has a contract with Mead Johnson Nutritionals to provide 5 standard infant formulas. **Beginning January 1, 2006** non-contract formulas which are nutritionally equivalent to our standard formulas will no longer be available through WIC. Formulas that no longer will be available include Similac with Iron, Similac Lactose Free, Similac Lactose Free Advanced, Goodstart Supreme, Goodstart Essentials, Good Start Essentials Soy, and Isomil Advance.



Any infant already on a non-contract, nutritionally equivalent standard formula as of January 1, 2006 may stay on that formula until their prescription for it expires or after 6 months of issuance, whichever is sooner.

(If you have questions about how this new policy will affect your baby, please ask a WIC staff person.)

Clinic Locations & Hours

Ada County

Central District
Health Department
707 N. Armstrong Pl.
Boise, Idaho 83704
Tel (208) 327-7488
Fax (208) 321-2243

Clinic Hours:

Mon 8:00-6:00
Tues 8:00-6:00
Wed 8:00-7:00
Thur 8:00-6:00
Fri 8:00-5:00

Boise County

Contact Ada County Office
to schedule an appointment
Tel (208) 327-7488
Fax (208) 321-2243

Elmore County

Mountain Home
Health Department
520 E. 8th Street
Mountain Home, Idaho 83647
Tel (208) 587-4409
Fax (208) 587-3521

Clinic Hours

Mon – Fri 8:00-5:00
1st & 3rd Wed. 9:00-6:00

Mtn. Home Air Force Base
Consolidated Support Center
Building 2610
Tel (208) 587-4409

Valley County

McCall Health Department
703 N. 1st Street
McCall, Idaho 83638
Tel (208) 634-7194
Fax (208) 634-2174

Office Hours

Tues & Thurs 8:00 – 4:30

*Clinics closed on
all government holidays*

Breastfeeding

Common Breastfeeding Myths

Myth: Frequent nursing leads to poor milk production and a weak let-down response.

Fact: Milk supply and let-down response is best when a healthy baby is allowed to nurse as often as he or she wants.

Myth: A breastfeeding mother should space her feedings so that her breasts have time to refill.

Fact: A breastfeeding mother's body is always making milk. The emptier the breast, the faster the body makes milk to replace it; the fuller the breast, the more production of milk slows down. Babies should be allowed to decide how often to nurse on any given day and should not be put on a feeding schedule. Exceptions may be situations such as premature or very sleepy babies who need to be awakened by parents so they can be fed more often to help promote weight gain. Babies need to breastfeed at least eight or more times in twenty-four hours.

Myth: It is the amount of milk that a baby takes in, not whether it is human milk or formula that determines how long a baby can go between feedings.

Fact: Breastfed babies have faster stomach emptying times than formula fed babies due to the smaller size of the protein molecules in human milk. Breastfed babies are more likely to eat an average of about every 1.5 hours versus up to 4 hours between formula feedings.

Breast milk is nature's perfect food for babies and is more easily digested than formula. Breastfed babies have less gas, spit up, and colic.

Myth: Breastfeeding mothers must always use both breasts at each feeding.

Fact: It is more important to let baby finish the first breast first, even if that means that he doesn't take the second breast at the same feeding. Hindmilk is accessed gradually as the breast is drained. Some babies, if switched too soon to the second breast, may fill up on the lower-calorie foremilk from both breasts rather than getting the normal balance of foremilk and hindmilk, resulting in poor weight gain and increased fussiness. The baby should be the one to decide if he is hungry for the second breast.

Myth: Breastfeeding a baby after six or twelve months is of little value because the baby has already received mother's immunity in the early months of nursing.

Fact: The composition of human milk changes to meet the changing needs of a baby as he grows. Even when baby is eating baby foods, human milk is still the primary source of nutrition during the first year. Breast milk is a supplement to other foods for toddlers. It takes between two to six years for a child's immune system to fully mature. Breast milk continues to complement and boost the immune system for as long as it is offered.

GOT FORMULA???



Please remember the maximum amount of formula given to a non-breastfeeding baby is 31 cans of concentrate or 8-9 cans of powder depending on the size of the can. Be prepared to buy more formula as your baby's needs increase.

WIC identification folder at the beginning of the WIC transaction and then sign the WIC check **in front** of the cashier only after the dollar amount has been placed on your WIC check.

You will be **required** to take your WIC identification folder into the store with you each time you shop. The cashier will look at the signature on the WIC identification folder for a match to the signature on the check that you sign at the store. If you forget your WIC identification folder in your vehicle or at home, store personnel **will not** accept your WIC check to pay for your WIC foods.

“Isn’t It A Pity, Don’t Clean Up After Your Kitty!”

What is Toxoplasmosis?

The disease, Toxoplasmosis, is caused by a parasite called *Toxoplasma Gondii* and can be detected in humans and animals all over the world. About 60 million people in the United States may have contracted the parasite, *Toxoplasma Gondii*.

The illness can go undetected and not show any signs or symptoms in the human body, if the immune system is strong. In an individual with a weakened or compromised immune system, as in pregnancy, the parasite could cause severe health issues. Babies born to mothers who were infected with the parasite during the pregnancy or right before the pregnancy are at risk for developing Toxoplasmosis.

What are some of the risks for my baby and me if we contract Toxoplasmosis?

1. For the adult: may feel “flu” symptoms, have swollen lymph node glands, and muscle aches. These symptoms can last for about a month or even longer. If the adult has a weakened immune system, the parasite may cause damage to the adult brain, eyes and other organs.

2. For the Baby: if the baby was infected while in the womb, he/she will not show any symptoms at birth. The symptoms will develop later in life; they may display serious damage to the eye and brain.

Contact your physician if you have any questions or concerns about *Toxoplasma Gondii*.

What should I do to prevent my baby, and me from getting Toxoplasmosis?

1. Avoid contact with cat feces. If your cat lives outdoors, the cat’s main food source could be wild rodents or any other prey. Try to make sure your feline friend eats only dry food or store bought canned food daily. If you are pregnant, other family members should take over cleaning the litter box daily during your pregnancy. However, if you were to do the cleaning, then use precautions when cleaning the litter box. Try not to stir up the litter or inhale any dust, because the spores can be ingested in this form. Wear gloves when cleaning the litter box and immediately after tending to the litter box, wash your hands with soap and water. Cleaning a kitty litter pan daily will prevent the parasite from becoming infectious.

2. Avoid eating any raw or undercooked meat; especially pork, lamb or venison.

3. Be sure to clean knives and cutting boards with soap and water after working with raw meat.



4. Avoid drinking from a stream, river or any water source that could be contaminated with Toxoplasmosis.

References:

Center For Disease Control Website – <http://www.cdc.gov/ncidod/EID/vol9no11/03-0098.htm>
WebMD website – http://my.webmd.com/content/pages/3/3608_971.htm



Recipes

Winter Lentil Chili Soup

1-1/2 teaspoons vegetable oil
1 tablespoon chopped garlic
2 cups chopped onion
1 pound frozen crinkle cut carrots
12 ounces dry lentils (1-1/2 cups)
4 cups V8 juice
5 cups water
1/2 teaspoon chili powder
1/2 teaspoon cumin
1 teaspoon dried oregano



Place the vegetable oil in a large soup pot or Dutch-oven style pan. Heat over medium-high heat. Add the garlic and onion and sauté until golden, about 2-3 minutes.

Add the rest of the ingredients and mix well. Bring to a boil then lower heat to simmer. Cook uncovered until the lentils are tender, about 35-45 minutes. Serve hot.

You can add more or less chili powder to suit your personal taste preference. This soup goes well with a tossed green salad.

Servings:

Serves 8. 1 cup per serving.

From foodandhealth.com

Fruity Breakfast Parfaits

2 cups chopped fresh pineapple or canned pineapple
1 cup frozen raspberries, thawed or fresh raspberries, or any other fruit
1 cup low fat vanilla yogurt
1 firm medium banana, peeled and sliced
1/3 cup chopped dates (optional), can substitute with raisins or raisins
1/4 cup sliced almonds, toasted (optional)

In beverage glasses or paper cups, layer pineapple, raspberries, yogurt, banana and dates.

Prep time is 20 minutes - Makes 4 servings

Reference:

http://www.dole5aday.com/Kids/K_Index.jsp



Making Fruits & Vegetables Fun For Your Kids

First think about what type of taste they prefer when choosing the right fruit or vegetable to eat. Does your child enjoy crunchy snacks or sweet snacks, would they prefer a tangy or juicy treat? To choose the right snack go to this website and you and your child can choose the right fruit or vegetable together: http://www.dole5aday.com/Kids/Facts/K_Selctometer.jsp?topmenu=6

Use fun activities that both you and your child can enjoy and that express the importance of eating fruits and vegetables. Use a crossword puzzle to help your child remember what each fruit and vegetable looks like and how they benefit the body. http://www.dole5aday.com/MusicAndPlay/Play/P_CrosswordPuzzles.jsp?topmenu=6

Use activity sheets where your child is able to express his/her artistic side and learn more about different fruits and vegetables. http://www.dole5aday.com/MusicAndPlay/Play/P_ActivitySheet.jsp?topmenu=6

These are some of the many fun ways you and your child can learn more about every type of fruit and vegetable together. http://www.dole5aday.com/MusicAndPlay/M_Games.jsp

Cooking with your child is another fun way for you and your child to learn about different fruits and vegetables. Cooking together also helps keep your child active. Here is a healthy recipe that your child can help you prepare for breakfast. http://www.dole5aday.com/CookBook/Break_Parfait.jsp?topmenu=6

Reference: http://www.dole5aday.com/Kids/K_Index.jsp

